



THE GATEWAY EAGLE

Society of Government Meeting Professionals
P.O. Box 78233, St. Louis MO 63178-8233

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President's Corner By Jeanette Turnbaugh



Once again, the SGMP National Educational Conference and Trade Show was a success! I hope that those of you who were able to attend returned with new contacts for future meetings and new skills and information gained from the break-out sessions. If you were not able to attend, please let me know if there is anything in particular you would like to know, and I'll do my best to fill you in. If you visit SGMP's National website, you can view a list of the winners of some of the awards that were presented this year.

My goal is to have the St. Louis Gateway Chapter's name on the big screen next year as having the best retention, and the best percentage of increase in membership. We are holding at 27 members, 18 below the actual minimum requirement set by the chapter by-laws. National is rooting for us, confident that we can build our membership through educational programming and networking.

If you have not already done so, please respond to our plea for meeting venues for the 2008/2009 year. Nancy Pittman, our Program Chair, is ready and willing to work with you if a different time of day such as breakfast or late afternoon will work better for your property.

I look forward to seeing you all at our Awards Luncheon, July 23rd, at J Bucks Restaurant!

Monthly Educational Meeting Opportunity Awards Luncheon

WHEN: Wednesday July 23, 2008
11:00 a.m. Registration and Networking
11:30 a.m. Business Meeting and Lunch

12:15 p.m. Program

WHERE: J.Buck's Restaurant
 1000 Clark Street
 St Louis, Missouri, 63021
 P: 314-436-0394

RSVP by calling Nancy Pittman at – 636-922-8314, or e-mail npittman@stchas.edu

All RSVPs need to be received no later than Noon Monday, July 22, 2008.

Mission Statement

The Society of Government Meeting Professionals, Inc. (SGMP) is a national organization dedicated to improving the knowledge and expertise of individuals in the planning and management of government meetings through education and industry relationships.



www.JBucks.com

Mandi Boehringer Partner at J. Buck's Restaurant will be our host for our 2008 Awards Luncheon. Many of you met Mandi at our May 23, 2008 Meeting, where she gave a great presentation on Saving Costs and Clients with Catering. Mandi presented and discussed areas of focus for saving costs. The members in attendance were very responsive to her presentation.

There are three areas of focus in regards to saving cost and clients with catering: Trends, Getting More for Your Money, Good Food=High Energy.

Trends: Personalized Menus and Service, Create the perfect meeting by tapping into the senses.

Catering Follows Restaurants: Steak, steak, more steak; Puree and reductions are in; "mother sauces" are out; Home style desserts miniature size; Unusual starches; risotto, black rice, couscous; Fusion: Italian and French, Asian and Latino; Miniature Meals: select stations; Theme events: farmer's market highlighting seasonal favorites.

Others: Environmentally Friendly; Organic Food: the new healthy; Smaller Portions.

How to Get More for Your Money: Know your Audience: Gender, Type of event, Alcohol or non-alcoholic. Examples: Birthday Party, Booster Club

Know your Vendor: Portion size per person, seek advice from expert talk to chef, and ask to see samples.

There are other ways you can save by knowing the service charges on items, such as wine per bottle, you can communicate your budget let them know how much you have allocated to spend, and you can choose seasonal foods. Mandi stated that J. Buck always tries to work within their client's budget and offers suggestions.

Good Food=High Energy: Match the food with the mood. Discussed why foods help with sleep and alertness: Serotonin comes from foods that contain "Tryptophan"; Serotonin is converted into Melatonin the sleep hormone.

Some foods for Energy are: Lean Proteins, ham, bacon, sausages, cheese, tomatoes, red wine, peppers, smoked meats, fish, fruits and chocolate. Mandi had an assortment of foods in a basket on our tables for us to sample.

Foods to make you sleepy and relax you are: Cottage cheese, cheese, milk, soy products, seafood, poultry, whole grains, beans, rice hummus, lentils, hazelnuts, peanuts, rice, pasta, potatoes. The key is to work with caterers who are flexible and are willing to work within your budget, plus you should know your attendees.

Members in Attendance at the National Conference, Dallas, TX Photos submitted by Tim North.



Linda Lefebre, Tim North, Joy Dufraim and President Jeannette Turnbaugh

2008 Sam Gilmer Award Winners

Phil Morgan, CMP-Old Dominion Chapter Sam Gilmer Planner Award Recipient
 Carolyn Barrett, CHSP, CHSC-Louisiana Chapter Sam Gilmer Supplier Award Recipient-
 Congratulations to both!

Program of the Year Winners

1st Place: Heart of America Chapter
 2nd Place: Crossroads of America Chapter
 3rd Place: Greater Oregon Chapter GOSGMP
 Congratulations!

Newsletter of the Year Winners

1st Place: North Texas Chapter
 2nd Place: Texas Lone Star Capital Chapter
 3rd Place: Sacramento Chapter
Congratulations to all!

**St. Louis Gateway Chapter
Represented at the SGMP
Educational Conference**

SGMP Annual Education Conference

SGMP announces that 837 members were in attendance at the 2008 Annual Education Conference held in Dallas, TX June 11-14, 2008. The National Board and SGMP National Headquarters staff would like to thank all of the attendees, sponsors and exhibitors for their support in making Dallas a most successful conference.



Our own Tim North was in attendance to give his presentation on “The Technology of AV from Past to Present” at the SGMP Educational Conference in Dallas.

**Urgent Plea for Meeting Venues
By Nancy Pittman, Program Chair**

Please take a month for your hotel or venue. I would like to get the meeting places firm by our August meeting. If you do not have a preference and I can insert you anywhere that would be great.

Please contact me at 636-922-8314 or e-mail npittman@stchas.edu

SGMP meetings for 2008-09

<u>Date</u>	<u>Your</u>
<u>Name</u>	<u>Hotel/Venue</u>
August 27, 2008	-
_____	_____
September 24, 2008	_____
_____	_____
October 22, 2008	-
_____	_____
November 19, 2008	_____
_____	_____
January 28, 2009	-
_____	_____
February 25, 2009	_____
_____	_____
March 25, 2009	_____
_____	_____
April 22, 2009	_____
_____	_____
May 27 2009	_____
_____	_____
June 24, 2009	_____
_____	_____

Calendar of Events

Mark Your Calendar Now To Attend



July 23, 2008

J. Buck's Restaurant
"Awards Luncheon"

August 27, 2008

Crowne Plaza Airport
"Bringing Back the Conference"

Future Education Conference Dates/Locations
May 13-16, 2009-Louisville, KY-The Galt House

May 19-22, 2010-Kansas City, MO-Hyatt and Westin Crown Center

June 8-11, 2011-Norfolk, VA-Sheraton and Marriott Waterside

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Your Guide to Shopping, Restaurants, Nightlife, Sports,
Wineries & Other Local Attractions and Events

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Contributions for articles always welcome!

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